



## Czech food

### Lesson Plan

#### 1) Introduction to Czech cuisine

- Make the groups
- Hand out the text "*Czech cuisine*"
- Pupils read the text in groups and in class.
- Hand out the cards (Worksheet Nr. 1)
- Pupils match the cards together in groups.
- Check the correct answers.
- Discuss the topic with the pupils

#### 2) Czech meal recipe book (For 4 persons)

- Hand out the recipes (Worksheet Nr. 2 – 10)
- Pupils read the recipes
  - Less gifted pupils prepare everything for cooking of recipe.
  - Normal pupils count the price of ingredients for 4 persons, their family or whole class.
  - Well gifted pupils count the energy value of all meals (using books or internet)

#### 3) Cooking

- All groups cook the simple menu together (soup, main meal, desert)



### Czech cuisine

Czech cuisine has both influenced and been influenced by the cuisines of surrounding countries. Many of the fine cakes and pastries that are popular in Central Europe originated in the Czech lands. Czech cuisine is marked by a strong emphasis on meat dishes. Pork is quite common, and beef and chicken are also popular. Goose, duck, rabbit and wild game are served. Fish is rare, with the occasional exception of fresh trout and carp, which is served at Christmas.

#### Side dishes

*Knedlíky* (steamed and sliced bread-like side dish) are one of the mainstays of Czech cuisine and are quite often served with meals. They can be wheat or potatoes based, and are sometimes made from a combination of wheat flour and stale bread or rolls. In contrast to Austrian cuisine, the type that is large and served cut into slices (instead of smaller quenelles) occurs more often. The smaller dumplings are usually potato-based.

#### Meat dishes

Roast pork with dumplings and Sauerkraut is considered the most popular Czech dish. They can be prepared from scratch, from cabbage or from sauerkraut, which is most common. There are different varieties, from sour to sweet. Red or white cabbage can be used.

Beef sirloin in cream sauce. Braised beef, usually larded, with a thick sauce of carrot, parsley root, celeriac, and cream. This dish is often served with dumplings, chantilly cream, a teaspoon of cranberry compote, and a slice of lemon.

#### Snacks

Since beer is a big part of Czech life, many popular Czech dishes and cheeses are usually eaten as pub fare.



*Bramboráky* are fried pancakes made of rough-grated or fine-grated raw potatoes, flour, milk and sometimes sliced sausages (although this is not common, because bramboráky are usually intended to be a vegetarian meal) or sauerkraut. They are spiced with marjoram, salt, pepper, and garlic, and usually sized to fit the cooking dish. Smaller variants are often eaten as a side dish. There is a similar dish from the Slovakian-Ruthenian borderland called harula, which is prepared with less milk and fat, and the addition of an onion. Harula are baked on tin in an oven instead of frying.

*Utopenci* (literally "drowned") are piquantly pickled bratwursts in sweet-sour vinegar marinade with black pepper, bay leaf, lots of raw onion and chilli peppers.

### Cheese

*Smažený sýr* is maybe the less noble, but the most contemporary of Czech national dishes. A slice of cheese (usually Edam or Hermelín) about 1 cm thick (or whole Hermelín) is coated in bread-crumbs like Wiener schnitzel and fried and served with tartar sauce and potatoes.

*Nakládany hermelín* is a soft cheese, same family as brie marinated with peppers, onion etc. in oil. Hermelin can also be deep fried as above.

Beer Cheese is a soft cheese, usually mixed with raw onions and mustard, and spread on toasted bread.

*Olomoucké syrečky* is an aged cheese with a strong odour. It's made in Loštice, a small town in Moravia. The tradition of making this cheese dates back to the 15th century. The company A.W. of Josef Wesselss started to produce it in 1876. They can be prepared in a number of ways—for example, you can fry it, marinate it, or add it to potato pancakes.

### Soups

Soup plays an important role in Czech cuisine. Czech meals usually consist of two or more courses: the first course is traditionally soup, the second course is the main



dish, and then other courses such as dessert or compote may follow. Common soups you can find in Czech restaurants are beef or chicken broth with noodles (optionally with liver dumplings), garlic soup with croutons (optionally with minced sausage, raw egg, cheese) and cabbage soup with minced sausage. Other soups, which are mainly cooked at home, are pea, bean or lentil soup, goulash soup, potato soup, fish soup (carp broth is often served on Christmas), champignon mushroom soup and assortment of mixed vegetable soups.

### Sweets

Fruit dumplings are mostly made using plums or apricots. Whole fruit, in some regions including the stones, are coated with potato or curd dough and steamed, then served with butter, sugar and sometimes milled poppy seed or cottage cheese (rarely also with cream instead of melted butter). Different varieties of fruit dumplings include strawberry, cherry, apricot, bilberry, or peach. They are usually eaten as a main dish.

*Koláče* is a type of yeast pastry consisting of fillings ranging from fruits to cheeses or poppy seed on doughnut. *Buchty* yeast pastry similar to *Koláče*, the same filling is wrapped in piece of dough and baked. Sweet dumplings with custard sauce are traditional Czech dumplings. The recipe comes from Czech roots, however, the bordering countries, mainly Slovakia, Poland, and Hungary consider these dumplings as food that came from their country. *Vánočka* is prepared for Christmas, along with many kinds of biscuits and sweets. *Vánočka* is the same type of pastry as Jewish Challah.

Most sweets are consumed with coffee in the late afternoon, rather than immediately after a main meal. *Koláče* are commonly eaten at breakfast.

### Beverages

Aside from Slivovitz, Czech beer and wine, Czechs also produce two uniquely Czech liquors, Fernet Stock and Becherovka.

## Meal



Kofola is a non-alcoholic Czech soft drink somewhat similar in look and taste to Coca-Cola but not as sweet.

A mixed drink consisting of Becherovka and tonic water is called Beton. Beton is an abbreviation of BEcherovka and TONic.

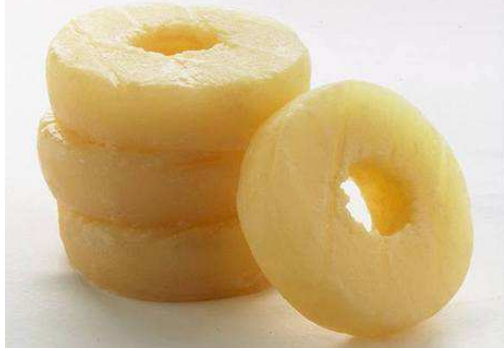
Another popular mixed drink is Fernet Stock mixed with tonic, called "Bavorák" (literally: the Bavarian).

**Worksheet Nr. 1**

<b>Knedlíky (Dumplings)</b>
<b>Roast pork with dumplings and Sauerkraut</b>
<b>Beef sirloin in cream sauce</b>
<b><i>Bramboráky</i> (Fried potato pancakes)</b>
<b><i>Utopenci</i> ("Drowned")</b>
<b>Fried cheese</b>
<b><i>Nakládaný hermelín</i></b>
<b>Beer Cheese</b>
<b><i>Olomoucké syrečky</i></b>
<b>Koláče</b>
<b>Buchty</b>
<b>Vánočka</b>

# Meal







## Worksheet Nr. 2

### Bread dumplings



#### *Ingredients*

- 1 egg
- 1/4 cup milk
- 1/2 teaspoon salt
- 1 1/2 cups flour, sifted with a pinch of baking powder
- 2 slices white bread, cut into cubes

#### *Instructions*

1. Beat eggs, salt& milk in a large mixing bowl. Add flour gradually.
2. Continue beating with a large spoon (the dough must be smooth& stiff enough to hold its shape).
3. Mix in bread cubes last.
4. Have a clean, wet towel ready.
5. Shape the dough with wet hands into an oblong, roll in a towel& drop into a large kettle of salted boiling water.
6. Boil, covered, for 45 minutes.
7. Remove the towel& slice the dumpling (if not sliced immediately, the steam cannot escape& the dumplings will be soggy& hard).
8. Keep hot until ready to serve.



## Worksheet Nr. 3

### Potato dumplings



#### *Ingredients*

800 g potatoes  
6,5 tablespoons farina  
8 tablespoons flour  
1 tablespoon salt  
1 egg

#### *Instructions*

1. Boil potatoes, then peel and mash.
2. Add farina, flour, salt and egg.
3. Work dough well.
4. Divide into 5 dumplings.
5. Place into boiling water, cook for 20 minutes.

## Worksheet Nr. 4

### Roast pork with dumplings and Sauerkraut



#### *Ingredients*

- 2 cups flour
- 2 cups prepared instant mashed potatoes
- 1/2 egg
- 1 kg pork roast (with its fat)
- 3 peeled garlic cloves
- 1/2 teaspoon onion powder
- 1/2 tablespoon dried onion flakes
- 1 tablespoon caraway seeds (to season the roast and the sauerkraut)
- 1/2 teaspoon sage
- 1/2 to taste salt and pepper
- 400 gram sauerkraut
- 1/2 tablespoon butter (for sauerkraut)

#### *Instructions*

1. Place sliced and now screaming garlic into slits you've cut all over roast.
2. Season with the sage and half of each of the following; caraway seeds, salt, pepper and onion powder.
3. Sear in skillet on all sides.
4. Put into baking pan and cook at 230 degrees for 15-20 minutes.



5. Unless the roast has quite a bit of fat attached to it, add several pats of butter on and around the roast.
6. Lower heat to 190 and cook for 1.5 hours.
7. Lower again after that to 120 for 15 to 30 minutes to finish.
8. Check the roast occasionally and baste with rendered fat, adding butter if needed, but don't tell your doctor or at least don't mention our names.
9. Cook the drained sauerkraut with salt, pepper, the remaining caraway seeds, and dried onion flakes on medium heat with 1 tablespoon butter until lightly browned, stirring occasionally.



## Worksheet Nr. 5

### Beef sirloin in cream sauce



#### *Ingredients*

- 1 kg beef tenderloin
- 1 slice of bacon, sliced into thin strips
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 medium parsnips, chopped
- 1/2 small celeriac root, diced
- 2 bay leaves
- 1/2 teaspoon allspice
- 1 teaspoon thyme
- 2 tablespoons fresh chopped parsley
- 1 cup
- 4 tablespoons butter or lard
- 1/2 teaspoon sugar
- The juice of 1 lemon
- 1/2 cup sour cream



### *Instructions*

#### *24 hours before cooking time*

1. Lard and marinate the beef.
2. Using a small sharp knife, make small cuts in the tenderloin and insert one of the pieces of sliced-up bacon into each.
3. Season well with salt and black pepper
4. Put the meat into a glass or ceramic (not metal) pan large enough to hold the meat but small enough to keep it covered by the marinade.
5. Surround and cover it with the chopped vegetables. Sprinkle on thyme, allspice and parsley.
6. Season with salt and more pepper. Add bay leaves.
7. Pour in the vinegar and two tablespoons of the oil.
8. Add a little more water or vinegar if you need to in order to cover the meat  
Cover the pan and refrigerate.
9. Turn the meat in the marinade occasionally.

#### *The next day*

1. Preheat the oven to 175.
2. Remove the tenderloin from the marinade: pat it dry with paper towels.
3. Heat the remaining 2 tablespoons of oil very hot in a drying pan big enough to take the tenderloin.
4. Sear the meat all over. Then remove to a roasting pan.
5. Pour a little water into the frying pan (half a cup) and boil rapidly, scraping the pan to get the remains of the searing into solution.
6. Then pour these juices over the roast.
7. Surround it with all the vegetables and pour over the marinating liquid.
8. Place the butter or lard on top of the meat.
9. Then put the whole business in the oven and roast, basting occasionally, for 1 1/2 hours.

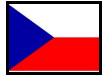


10. When the meat is done, take it out of the oven and reduce the oven temperature to a very low setting (under 50).
11. Remove the roast from the pan.
12. Pour all remaining liquid and the vegetables into a pan.
13. Put the meat back in the pan and return to the oven.
14. Meanwhile, puree the liquid and vegetables in a blender or food processor, or push them through a sieve with a wooden spoon.

### *For the sauce*

1. Pour the vegetable puree into a medium-sized saucepan and heat to a low boil.
2. Season with salt and pepper.
3. Add the lemon juice and sugar.
4. If the sauce needs thinning, add some water or beef broth.
5. Finally, just before serving, stir the sour cream into the sauce and heat it through. Don't let it boil, or you risk the sour cream curdling.

Serve slices of the tenderloin with dumplings. Ladle the sauce over.



## Worksheet Nr. 6

### Potato pancakes



#### *Ingredients*

4 large potatoes  
2/3 cup plain flour  
2/3 garlic clove, crushed  
2/3 teaspoon chopped fresh marjoram  
2 tablespoons butter  
2 eggs, beaten  
3 tablespoons oil  
Salt and pepper

#### *Instructions*

1. Grate the potatoes and squeeze all the liquid out with towel paper.
2. Put potatoes in bowl and mix in flour, garlic, eggs, marjoram and seasoning.
3. In a large pan heat in oil and half butter together. Form a potato ball, then flatten potato ball into a pancake shape using back of tablespoons.
4. Fry the pancakes until golden brown and crisp then turn over and do same on the other side. Add remaining butter and oil to frying pan if needed.
5. Serve potato pancakes with sour cream, fresh parsley and chopped tomatoes.



## Worksheet Nr. 7

### Fried cheese



#### *Ingredients*

4 slices Edam cheese (thick slices)

6 tablespoons flour

6 tablespoons breadcrumbs

3 eggs

#### *Instructions*

1. Beat eggs in one plate. Sift flour in another one, and place breadcrumbs in a third plate.
2. Take the square slices of Edam cheese and put each slice into the flour, then immediately into the egg and then straight into the breadcrumbs.
3. Once the cheese is coated, put cooking oil into a skillet and heat it.
4. When the oil is hot and ready, place cheese into it and fry on both sides.
5. Make sure that you don't leave the cheese in the oil for too long, as it could leak out of its coating. The frying is very quick.
6. Serve with boiled potatoes and tartar sauce.



## Worksheet Nr. 8

### Czech sauerkraut soup



#### *Ingredients*

- 1 can sauerkraut (drained)
- 5 -6 medium potatoes (cut it into small pieces)
- 1/2 onion (chopped)
- 1 teaspoon caraway seed
- Salt
- Pepper
- 2 tablespoons sour cream
- Sausage (cut into small pieces)
- 1 tablespoon vinegar

#### *Instruction*

1. Put the onions into the saucepan with the little bit of oil and cook over low heat until lightly yellowed do not brown.
2. Add water and potatoes with salt and caraway seed.
3. Let it cook for few minutes then add sauerkraut and sausage.
4. Let it cook for at least 20 minutes or until potatoes are soft. Then add some sour cream, pepper and vinegar if needed.



## Worksheet Nr. 9

### Plum dumplings



#### *Ingredients*

2 eggs  
2 cups sifted flour (, all-purpose)  
2 cups boiled potatoes, riced  
1 cup fine breadcrumb  
12 -15 plums  
1/4 cup cinnamon sugar  
Salt  
Butter

#### *Instructions*

1. Cream 2 tablespoons butter, beat in eggs and salt.
2. Gradually beat in flour and riced potatoes.
3. Dough should be stiff to knead thoroughly.
4. On floured board roll out dough to 1/4-in thickness, then cut 3-inch squares.
5. Lay 1 plum on each square, sprinkle with little cinnamon sugar and fold edges over plum.
6. Shape with hands into a ball.
7. The wall of dough should be very thin.

## Meal



8. Drop dumplings into boiling salted water, cover and simmer for about 15 minutes.
9. Brown bread crumbs in 1/3 cup hot butter.
10. Roll dumplings in buttered bread crumbs, sprinkle with cinnamon sugar.

## Worksheet Nr. 10

### Sweet dumplings with custard sauce



#### *Ingredients*

500 g medium flour  
25 g yeast  
70 g sugar  
2.5-3 dl milk  
2 eggs  
100 g oil  
150 g butter  
salt  
lemon zest  
Flour to dust the rolling pin

#### **For the sauce:**

6-7 dl milk  
100 g sugar  
2-3 egg yolks  
½ packet vanilla pudding  
½ packet vanilla sugar



### *Instructions*

1. Sieve the flour into a bowl, crumble in the yeast, add the sugar, and pour in part of the lukewarm milk. Then leave to rise in a warm place.
2. Add the eggs, half of the butter which you have melted in a pan, grated lemon zest and salt, then knead into dough.
3. Cover the bowl with a cloth and put back in a warm place to rise again.
4. After that, place the dough on a rolling board dusted with flour.
5. Roll out into a long strip which you should then cut into small pieces.
6. Cover the bottom of the baking tray with the rest of the melted butter and oil.
7. Place the dough pieces into the fat in rows, and then put the tray into a medium oven. Bake until golden brown.  
To make the sauce, pour  $\frac{2}{3}$  of the milk into a saucepan, add sugar and bring to the boil.
8. Then pour in a mixture formed from the rest of the milk, egg yolks, vanilla sugar and vanilla pudding mix.
9. Simmer for a short time and the sauce is ready.
10. Pour a little of the sauce onto the plate and place some of the buns on top.